

ITEC Level 3 Diploma in Reflexology

Unit 4 Reflexology

Recommended guided learning hours – 75

Pre-requisite –Students must hold the ITEC Anatomy and Physiology or equivalent and the ITEC Professional Conduct and Business Awareness or equivalent (can be taught concurrently with Reflexology where applicable)

Units should be taught and examined concurrently

QCA Qualification Accreditation Number: 100/2402/5

Unit 4 Reflexology Theory	
Learning outcome	Underpinning knowledge
Students will be able to:	
1) Describe the structure of the feet, ankles and lower leg	<p>To include:</p> <ul style="list-style-type: none"> ◆ Bones <ul style="list-style-type: none"> • Phalanges • Metatarsals • Tarsals • Cuneiform • Navicular • Cuboid • Calcaneum • Medial Malleolus • Talus • Tibia • Fibula ◆ Muscles <ul style="list-style-type: none"> • Hamstrings • Quadriceps • Gastrocnemius • Soleus • Peroneus Longus • Peroneus brevis • Tibialis anterior and posterior • Extensor digitorum longus • Extensor hallucis longus • Flexor digitorum longus • Peroneus tertius • Extensor digitorum brevis • Abductor hallucis ◆ Nerves <ul style="list-style-type: none"> • Peroneal • Saphenous • Tibial • Sural • Sciatic ◆ Arteries <ul style="list-style-type: none"> • Tibial anterior • Tibial posterior • Peroneal • Dorsalis pedis • Digital • Femoral • Iliac • Plantar Arch ◆ Veins <ul style="list-style-type: none"> • Saphenous • Femoral • Popliteal • Short saphenous • Dorsal venous arch
2) Understand and describe disorders/conditions of the feet/hands and nails	<p>To include:</p> <ul style="list-style-type: none"> ◆ Fungal <ul style="list-style-type: none"> • Tinea unguium • Tinea Pedis ◆ Viral infection <ul style="list-style-type: none"> • Verrucas • Warts ◆ Arthritis in its various forms <ul style="list-style-type: none"> • Gout • Osteoarthritis • Rheumatoid arthritis • Hallux rigidus • Hallux valgus ◆ Disorders of the feet <ul style="list-style-type: none"> • Hammer toes • Heel spurs • Plantar fasciitis • Corns • Bursitis • Ingrown toenails • Club feet • Flat feet • High Arch ◆ Nail disorders <ul style="list-style-type: none"> • Pitting lines (horizontal or vertical) • Ridges • White spots • Leuconychia • Onycholysis • Yellow nails • Brown nails • White nails • Kolionychia • Onychryptosis • Onycholysis • Paronychia • Beau's lines • Onychomyosis • Curved or concave • Vertical ridges • Blue nails ◆ Skin disorders <ul style="list-style-type: none"> • Callouses • Heel fissures • Chilblains
3) Describe the structure of the hand, wrist and lower arm	<p>To include:</p> <ul style="list-style-type: none"> ◆ Bones <ul style="list-style-type: none"> • Carpals • Hamate • Triquetrum • Capitate • Pisiform • Trapezoid • Lunate • Trapezium • Scaphoid • Metacarpals • Phalanges • Radius • Ulna ◆ Muscles <ul style="list-style-type: none"> • Biceps • Triceps • Flexor carpi ulnaris • Flexor carpi radialis • Pronator Teres • Brachioradialis • Brachialis • Extensor carpi ulnaris • Extensor carpi radialis • Extensor digitorum • Extensor pollicis longus

	<ul style="list-style-type: none"> ◆ Nerve • Ulnar • Radial • Medial ◆ Arteries • Radial • Ulnar • Palmar arches • Digital ◆ Veins • Median • Cephalic • Basilic • Axillary
4) Understand and recognise common ailments and contraindications to Reflexology with reasons	<ul style="list-style-type: none"> ◆ Total contraindications • Any form of infection, disease or fever • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Pregnancy (first trimester) ◆ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another complementary practitioner • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular sclerosis, Parkinson’s disease, Motor neurone disease) • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Spastic conditions • Kidney infections • Whiplash • Slipped disc • When taking prescribed medication • Acute rheumatism ◆ Localised • Skin diseases • Localised swelling • Inflammation • Varicose veins • Cuts • Bruises • Abrasions • Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants • Haematoma • Recent fractures (minimum 3 months) • Cervical spondylitis • After a heavy meal
5) Understand and explain the Holistic Approach	<ul style="list-style-type: none"> • Greek term holos • Importance of the treatment of the whole person
6) Understand and explain the possible reactions to reflexology treatment	<p>To include:</p> <ul style="list-style-type: none"> ◆ During treatment • Crying • Laughing • Talking • Desire to sleep • Sweating • Need to pass water • Thirst • Feeling nauseous ◆ After treatment • Symptoms exacerbated • Fatigue • Non specific aches and pains • Heavier menstrual flow • Frequent need to pass water • More frequent bowel movements • Nausea • Break out of spots • Healing crisis • More energy • Relief of symptoms • Improved mood
7) Understand and explain the history and concept of Reflex zones and their functions for the feet and hands	<p>To include:</p> <ul style="list-style-type: none"> • The history of the development of reflexology - the Ancient, the Chinese, Fitzgerald, Ingham • Their position • Longitudinal zones • Transverse zones • How the zones relate to the anatomical structures of the body • How the reflexes relate to the anatomical structures of the body
8) Understand and explain cross referral areas for the hands and feet	<ul style="list-style-type: none"> • The use of other areas when the part to be worked is either damaged or cannot be worked • Using the hand instead of the foot and visa versa to locate the reflex point
9) Understand and explain the term integral biology	<p>To include:</p> <ul style="list-style-type: none"> • The way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social well being, e.g. Computers, mobile phones, processed food, lack of fresh air, stress, lack of sleep, financial problems, poor ventilation, pollution, lack of exercise, chemicals • Helping clients and families to identify options to improve their health and social well being in terms of reflexology treatment • Helping clients and families to put their choices into action • Reviewing their progress
10) Understand and explain the appropriate legislation applicable to reflexology treatment	<p>To include:</p> <ul style="list-style-type: none"> • Any particular rights, restrictions and Charters • Legal framework

	<p>related to people and settings with which the practitioner is involved, e.g. Mental Health Act, Children Act • Moral rights which are not recognised in Law • Organisational policies and how they may differ from other organisations (when working in care)</p> <ul style="list-style-type: none"> • Records which the practitioner is responsible for completing in relation to rights and responsibilities • Any relevant complaints systems and methods of access • Health and Safety at Work Act • Equal Opportunities Act • Data Protection Act • Code of good practice/ethics • Legislation which relates to the work being carried out, the environment and the client with whom the practitioner is working
11) Understand and explain the issues surrounding 'consent' to treatment	<p>To include:</p> <ul style="list-style-type: none"> • Importance of obtaining consent from the client • Importance of gaining consent from a person who is acting in the best interests of the client (when the client is unable or not of an age to make the decision for themselves) • Current debate surrounding the issue of consent and the ways in which it may differ between various practitioners • The meaning of informed client consent and the guidance given by the practitioners professional body particularly where there is a need for written consent • Methods of obtaining consent and how to confirm that clients have been given sufficient information on which to base their own judgement • Ensure agreements are in the clients best interests
12) Explain and understand the importance of reflexology for clients and families receiving palliative or social care	<p>To include:</p> <ul style="list-style-type: none"> • The issue of consent • Any appropriate legislation • Confidentiality • Appropriate support • Using an appropriate manner of communication • Only giving information agreed within the care team • Know when to refer clients to people outside of the care team • Maintenance of accurate records • Managing ones own feelings • Importance of ongoing care • Personal beliefs and preferences • Grief and grieving process • Awareness of other support services
13) Understand and explain the effects of stress on the body systems and the ways in which reflexology can help	<p>To include:</p> <ul style="list-style-type: none"> • Endocrine • Vascular • Muscular • Digestive • Respiratory
14) Understand and explain other complementary therapies and the ways in which they are performed	<p>To include:</p> <ul style="list-style-type: none"> • Homeopathy • Reflexology • Reiki/Spiritual Healing • Yoga/meditation • Acupuncture • Shiatsu • Bach Flower remedies • Kinesiology • Bowen Technique • Alexander Technique • Herbalism • Chiropractic • Iridology • Acupressure • Osteopathy • Aromatherapy • Swedish Massage • Holistic Massage • Stone Therapy • Vertical Reflexology
15) Understand and explain the reflexes related to the diseases listed in the A&P pathology sections	

Unit 4 Reflexology Practical	
<p>16) Understand and explain methods of consultation</p>	<p>An example of a consultation form is enclosed within the syllabus Students should demonstrate knowledge of the importance of the following:</p> <ul style="list-style-type: none"> • Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Inter personal space • Good communication skills (asking open rather than closed questions) • Trust • Professionalism, confidence and enthusiasm • Confidentiality • Consent (see later notes on consent) • Any contraindications to treatment (as listed below) • Client lifestyle • Client profile • Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs • Determining the nature and extent of the client's needs • Agreement to the course of action • Ascertain the clients consent to the treatment (where the client is not in a position themselves ascertain from the appropriate <i>companions</i> agreement to the treatment) • Explanation of any possible side effects to the treatment • Explanation of how the programme will be evaluated and the review process • Where applicable, clarify with the client information, which may be available to other, e.g. relevant Health care workers • Obtain the clients signature (or of the <i>companion</i>)
<p>17) Understand and recognise common ailments and contraindications to Reflexology with reasons</p>	<ul style="list-style-type: none"> ◆ Total contraindications • Any form of infection, disease or fever • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Pregnancy (first trimester) ◆ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another complementary practitioner • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular sclerosis, Parkinson's disease, Motor neurone disease) • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Spastic conditions • Kidney infections • Whiplash • Slipped disc • When taking prescribed medication • Acute rheumatism ◆ Localised • Skin diseases • Localised swelling • Inflammation • Varicose veins • Cuts • Bruises • Abrasions • Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants • Haematoma • Recent fractures (minimum 3 months) • Cervical spondylitis • After a heavy meal
<p>18) Understand and explain appropriate client care</p>	<p>To include:</p> <ul style="list-style-type: none"> • Checking consultation and contraindications • Explaining the treatment to the client • Helping the client on to the couch and protecting the client's modesty at all times • Cleanse the feet with a medi-wipe or similar • Wash own hands • Keep ensuring that the client is comfortable • Use appropriate supports i.e. under the ankles, knees, head • Adapt the reflexology techniques to suit the needs of the client • Help the client off the couch protecting their modesty at all times
<p>19) Evaluate and review the reflexology treatment/programme</p>	<ul style="list-style-type: none"> ◆ At the end of each treatment the client's feeling should be recorded and any skin or other reactions <p>The following areas should be monitored:</p> <ul style="list-style-type: none"> • Outcomes achieved • Effectiveness of the treatment • Any change in demands • Whether the treatment met the needs of the client • Longer term needs of the client (particularly when working in a care environment)

20) Understand and explain the importance of giving appropriate home care advice after treatment	To include: • Diet • Exercise • Stress levels • Generally helping clients and families to identify options to improve their health and social wellbeing in terms of reflexology treatment and the latter • Helping clients and families to put their choices into action • Reviewing their progress
21) Understand and explain the importance of referral procedures	To include: • Only working within the realms of their own expertise as a reflexologist ♦ Demonstration of the understanding when a client should be referred to either : • GP • Counsellor • Complementary Therapist • Member of the social care or nursing team
22) Understand and explain the process and importance of the external reading of the feet	To include: • Contraindications (as listed above) • Texture • Temperature • Colour • Smell • Tone • Mobility • Skeletal deformities • Condition of the nails
23) Understand and explain the appropriate reflex areas/points on the hands and feet	• Appropriate foot charts should be used to establish the correct position of the reflexes
24) Understand, explain and interpret the reflexes	To include: • Recognising why a reflex may be sore/painful/lumpy/grainy/crystals • Deciding which reflexes require additional stimulation • Recognising the varying degrees of resistance to pressure • Recognising when reflexes should be treated cautiously • Recognise that medication/drugs may inhibit the response of the reflexes • Demonstrate how to administer the treatment for the specific needs of the client
25) Understand and recognise any conditions/disorders of the feet and hands	To include: ♦ Fungal • Tinea unguium • Tinea Pedis ♦ Viral infection • Verrucas • Warts ♦ Arthritis in its various forms • Gout • Osteoarthritis • Rheumatoid arthritis • Hallux rigidus • Hallux valgus ♦ Disorders of the feet • Hammer toes • Heel spurs • Plantar fasciitis • Corns • Bursitis • Ingrown toenails • Club Feet • Flat Feet • High Arch ♦ Nail disorders • Pitting lines (horizontal or vertical) • Ridges • White spots • Curved or concave • Vertical ridges • Blue nails • White spots • Leucocytes • Onycholysis • Yellow nails • Brown nails • White nails • Kolionychia • Onychryptosis • Onycholysis • Paronychia • Beau's lines • Onychomyosis • Curved or concave • Vertical ridges • Blue nails ♦ Skin disorders • Callouses • Heel fissures • Chilblains
26) Understand and explain any clinical observations of the body and their importance when treating a client	To include: • Condition of the skin • Hair • Nails • Posture • Body language
27) Understand and explain the possible reactions to reflexology treatment	To include: ♦ During treatment • Crying • Laughing • Talking • Desire to sleep • Sweating • Need to pass water • Thirst • Feeling nauseous ♦ After treatment • Symptoms exacerbated • Fatigue • Non specific aches and pains • Heavier menstrual flow • Frequent need to pass water • More frequent bowel movements • Nausea • Break out of spots • More energy • Relief of symptoms • Improved mood
28) Understand and explain the theory and concept of Reflex zones and their functions for the feet and hands	To include: • Their position • Longitudinal zones • Transverse zones • How the zones relate to the anatomical structures of the body • How the

	reflexes relate to the anatomical structures of the body
29) Understand and explain cross referral areas for the hands and feet	<ul style="list-style-type: none"> • The use of other areas when the part to be worked is either damaged or cannot be worked • Using the hand instead of the foot and visa versa to locate the reflex point
30) Understand, explain and demonstrate a reflexology treatment	<p>To include:</p> <p>Selecting the appropriate medium</p> <ul style="list-style-type: none"> • No medium • Talc • Liquid talc • Corn Starch • Oil • Lotion • Breathing • Relaxation • Warm up • Thumb walking • Finger walking • Pivot • Hook • Rocking • Finger Rolling • Cool down

ITEC Unit 4 Reflexology Case Studies

<p>10 clients to be treated 4 times each to make a total of forty treatments</p>	<p>To include:</p> <ul style="list-style-type: none">• Consultation including thorough medical history and general lifestyle• Client profile (to include any current issues in their life)• Reading of the feet• Details of how the therapist conducted the treatment and any tender reflexes found• Details of how the client felt during and after the treatment• Details of home care advice given <p>◆ The following should also be documented for treatments 2 to 4:</p> <ul style="list-style-type: none">• Reading of the feet• Details of how the therapist conducted the treatment and any tender reflexes found• Details of how the client felt during and after the treatment• Details of home care advice given• Overall conclusion of the case should be recorded including reflective practice* (self assessment)
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*NB: Candidates should reflect on their own performance and the performance outcomes of the treatment